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**ISSUE 289 AUGUST 2015**

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Next month Toronto and Ottawa**

**Going raw**

**Food for a hike**

**Breastfeeding herbs**

**Holistic aromatherapy**

**Cleantech's top 10 trends**

**Mount Polley one year later**

**Conservative Party crashers  
how Canada got taken**

**Cholesterol drugs sleight-of-hand**

**New book  
from potential  
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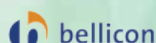
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## Editors's note

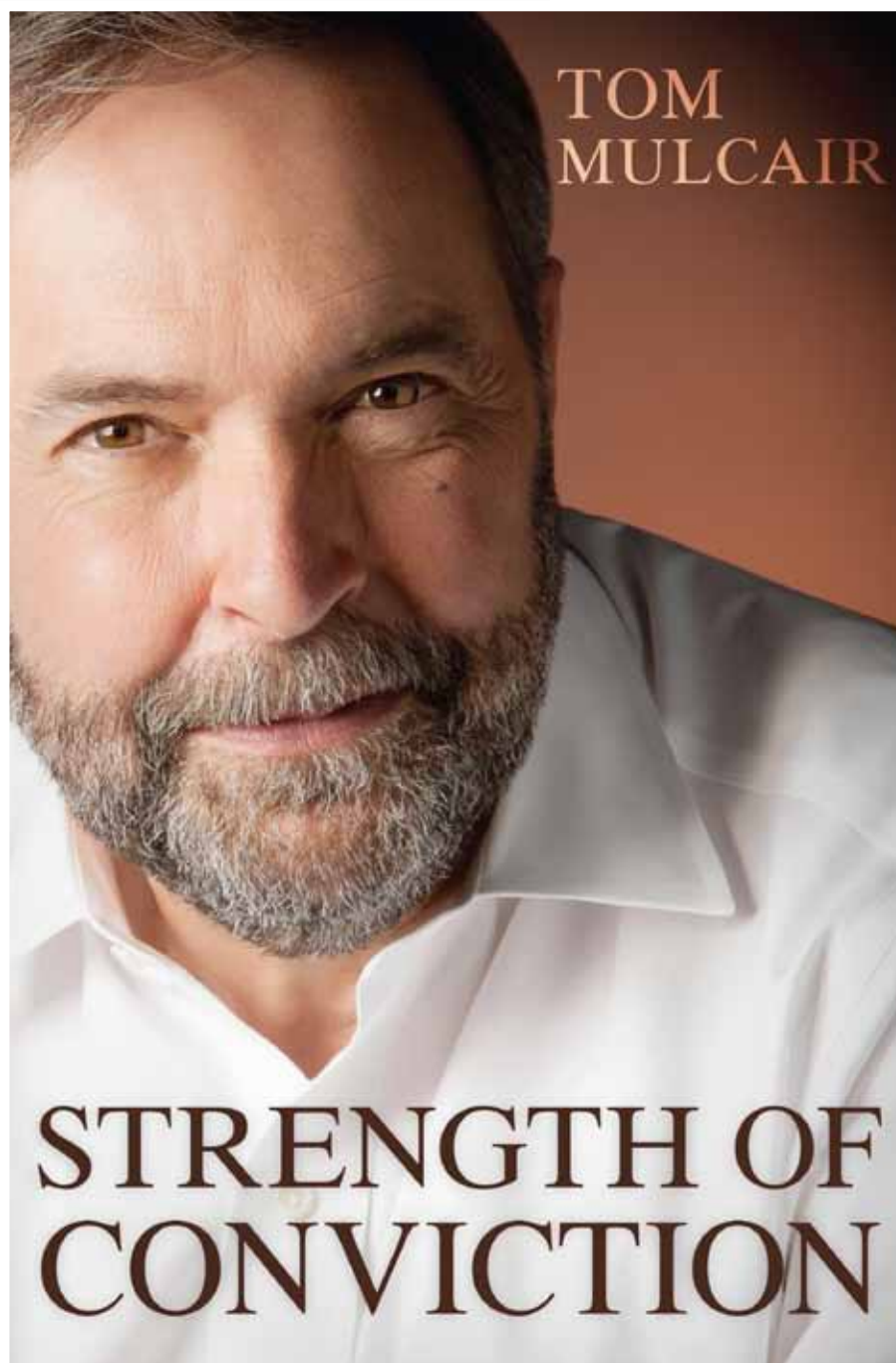
*With a crucial federal election looming, it is important that Canadians find a way to redeem the federal government after Stephen Harper's nine-year train wreck. Harper's neo-cons cheated and lied to take over the Progressive Conservatives and devolve it into the Conservative Party of Canada (see Anthony Hall's article Conservative Party crashers in this edition). They went on to cheat in the last three elections – robo calls, campaign over-spending, withholding information on the purchase of F-35 fighter jets, denying climate change, closing down scientific research, dragging Canada into war, and now using our tax dollars to bribe us with child tax credit.*

*It doesn't stop there. They gerrymandered electoral boundaries, installed 30 new ridings, and renamed 31 others to further confuse people. With such tactics their intent is obvious: keep power no matter what.*

*Harper's dictatorial control is double-speak in the form of the Fair Elections Act. It will be as fair as its big corporate supporters south of the border – who want to keep control of Canada's resources, export our wealth, while ignoring our civil liberties and environment. We cannot allow this Conservative carnage to continue.*

*The actions of Brigitte DePape, who held up a STOP HARPER sign in the House of Commons, have proven prophetic. Harper's list of damage is long. We need a new government that will protect Canadian values. We need leaders who have the strength of conviction to save Canada.*

*So with that in mind we introduce the leader of the Official Opposition, Tom Mulcair. What impresses most is what he has done, not just what he has said – in particular, his commitment to protect the environment when he was the environment minister in Quebec. When he stood up to Premier Charest to protect a park from condo development, it cost him his cabinet privilege. He sat as a back-bencher to fulfill his term, then quit the Quebec Liberals. Later he was invited to join the NDP. But by caring deeply and doing what was fair, legal, and in the best interest of the public he protected the commons from privatization.*



*This selection, chosen from his new book released August 2015 tells that story, and why he deserves to be the new Prime Minister.*

*The storm clouds are gathering. Harper has done his darndest to fix the game in his favour. His operatives have attacked Justin Trudeau, Elizabeth May and now they will turn their propaganda machine on Mulcair. It is now up to each of us to see through their fog of election war, to learn from recent history, to be clear about principles, to participate in our own riding campaigns and support candidates who are best able to change the government of Canada for the better.*

*Our actions and decision today will effect generations to come. Get involved, learn from history, and vote.*

## Canada

In 2005 we learned of an illegal development in western Laval, where a developer had gone ahead and developed a large tract of land including clearly protected areas. Instead of fining the developer after the fact, as the department had always done and which we knew would have little effect, I decided that it was time to send a strong signal that this was no longer how things would be done. I consulted our legal team. Did we have a more stringent approach available to us? Our lawyers said we did, but it had never been tried before: I could issue an order forcing the developer to restore the wetland to its original pristine state. So that's what we did. I issued the order in August 2005.

I had just completed a wide-ranging twenty-one-city tour of public consultations on my draft Sustainable Development Act, starting in Kuujuaq on Ungava Bay in February and crisscrossing the province right into April, with Alain Gaul, my chief of staff, occasionally along to provide guidance, and Chantale Turgeon, my press secretary, as my wagon master. To oversee the whole operation, Alain had tapped Isabelle Perras, a very respected, experienced hand, whose wisdom and determination inspired the entire team. Everything was going well, and the legislation was ready to go, when a Cabinet meeting was called in August.

The order to restore the wetlands in Laval had just been issued and had received very favourable front page coverage, with a piece by Louis-Gilles Francoeur, the highly respected envi-

ronmental reporter for *Le Devoir*. He has since gone on to sit as vice-president of the *Bureau d'audiences publiques sur l'environnement* (BAPE), the independent public environmental review board charged with assessing development projects in the province.

It was the first time that Premier Charest and I had a disagreement, and it came as quite a surprise. He clearly wasn't pleased and told me so in no uncertain terms. I remember asking him if he was telling me that I should apply the rules one way in Longueuil and another in Laval. It was a bolt from the blue. After all, hadn't Charest himself been minister of the environment in the federal government? When I got back to the office I was still winded. I sat down with Alain and went over the day's events. I was going to stick to my guns.

From then on, in contrast to the first two and half years of my mandate, relations became frosty between the premier and me. There were several more disagreements, one of them over the Coca-Cola corporation. Since the 1980s Québec had had a law on the books on recycling soft drink cans that, to make things simpler, was also applied by the companies to juices. One day Coke decided that it was no longer going to charge the five-cent deposit on the juice cans, which meant that they could no longer be recycled *continued p. 11...*



# common ground

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## BIG NEWS

### COMMON GROUND LAUNCHING EASTERN EDITIONS THIS SEPTEMBER

For 33 years Common Ground has been inspiring readers in Western Canada and gaining ground. We are expanding to Toronto and Ottawa with two new eastern editions. Tell your friends. Organizations and business can support freedom of our independent, 100% Canadian media by advertising in these special Premier Editions. We are building our dream team of dedicated individuals who want to make a difference. Barbara Allyn from Ontario has joined us to help with the launch. We invite other skilled people of goodwill to find out how they can be involved. Experts in advertising and marketing are welcome to help us build the success of this audacious adventure. The time to find Common Ground is now. Call us.



# Going raw

improved nutrition  
better digestion

to drink lots of extra water to compensate for the very low moisture content of dehydrated food. The third option we have in raw food is to massage our greens. Massaged greens are greens that have been massaged to break down some of the difficult to digest fibres. Massaging greens also gives them a cooked consistency and volume, giving you the best of both worlds.

## Ultimate digestibility

Juiced and blended food is so much easier to digest, absorb and assimilate, especially for most of us who have compromised digestion. After a lifetime of eating the Standard American Diet, most people are not digesting their food well – particularly not the cellulose in plants – let alone absorbing the nutrients in their food. By blending and juicing, you are taking a lot of the stress off the digestive tract. Juicing or blending in a high speed blender works to break down – and remove, in the case of juicing – the tough fibres as well as break open tough cell walls, releasing all of the nutrients, phytonutrients and antioxidants inside. Because it is already broken down, the body doesn't have to work hard to get the nutrients and readily absorbs them into the blood stream.

## Concentrated greens and nutrition

Most people would have a tough time

## Zen Elixir

1 tbs. spirulina  
1 cup water, almond milk or fresh fruit juice  
½ vanilla bean or squeeze of lime juice  
1 cup of fresh or frozen berries

Place all ingredients in the blender and blend until silky smooth. Enjoy immediately! One of our favourite combos: almond milk, fresh sun ripened blackberries and vanilla bean.

in a single sitting eating all of the fresh greens, vegetables and fruits that go into a single glass of fresh, green juice. But by extracting only the juice, it becomes feasible to consume large amounts of fresh fruits and vegetables far beyond what we would be able to physically eat. This provides our bodies with an extremely concentrated source of all of the beautiful goodness of plants: vitamins, minerals, antioxidants and phytonutrients. Because the blending or juicing has improved the digestibility so dramatically, these nutrients are easily absorbed into the body for tissue repair and growth.

*continued p.12...*

One question we often get asked is why cooked foods sometimes have a higher level of nutritional content. One of the main reasons for this is that the water content decreases, creating a food that is more concentrated and calorically dense. Consider a large bunch of dark, leafy greens; when raw, they take up a lot of space, but when cooked, that large bunch of greens cooks down to a very small amount of greens. So no, cooked foods are not more nutritionally dense; they just have a lower water content, which reduces the size and volume of the food but keeps the calorie count the same. This means in the raw food

lifestyle, you get to eat much more and feel like you are eating much larger volumes of fresh, raw foods.

But what can we do when we can't or don't want to eat large volumes of fresh, raw whole foods? Fortunately, we have a number of great alternatives in raw food for those looking for more concentrated nutrition but with all of the nutrition, enzymes, antioxidants and phytonutrients abundant in raw food. Juicing is a fabulous option to get very concentrated nutrition and large amounts of fresh, raw produce daily while being very easy to digest. We also really love dehydrating occasionally for more of a cooked style and concentrated small amounts of food. Just be sure


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# New cholesterol-lowering drugs coming

## Watch for the sleight-of-hand

*If your aim in life is pursuing truth, one of the things you might want to study is why deception is so common in life. – American magician Eugene Burger*

**M**agicians are experts at directing our attention – basically manipulating and managing our perceptions. Maybe people like magic so much because we like being deceived and fooled. Houdini made an elephant disappear. An elephant! And David Copperfield once made the Statue of Liberty disappear. Incredible.

While I've spent a lot of time thinking of the art of misdirection and how it works in selling diseases and the drugs to treat them, it is still a most mysterious and wonderful thing. It seems even when we know we are being deceived, we don't seem to mind. It's almost as if we beg to be deceived over and over again.

Let's wind the clock back a few years to the most successful example of pharmaceutical magic the world has ever seen. The drug atorvastatin (Lipitor) was launched in 1998 and over the next 13 years, before its patent expired, it earned its maker, Pfizer, upwards of \$141 billion. It was the biggest commercially suc-

cessful drug in the history of the world and made a lot of people very wealthy even if it did almost nothing of value to the vast majority of people who swallowed it.

Let me qualify that: if you wanted to lower your LDL (the bad) cholesterol, Lipitor was very good at that. Superb. Part of the reason for its astounding commercial success – other than Pfizer's weapons-grade marketing power – was that it was able to lower LDL better than other rival statins on the market and Pfizer's salespeople enticed doctors with graphs filled with curves showing how effective Lipitor was at lowering LDL compared to its rivals. Lipitor also had another marketing advantage; it had a reputation for being more potent. In the late 1990s, the statin makers were funding campaigns to get people to "know your numbers" and were responsible for a new health obsession that made people check, alter and recheck their cholesterol numbers.

I remember watching Lipitor take off in the late 1990s, astonished that the public's love affair with the drug was completely disconnected from reality. The most amazing thing about Lipitor when it arrived to market was that there were no data showing any effect of the drug on reducing rates of heart attacks and

strokes, unlike rivals such as Pravachol and Zocor. In fact, it wasn't until mid-2004 – after Lipitor had been on the market about seven years and bagged \$5.5 billion a year in sales – that the company was able to convince the FDA that clinical trials could show some tiny benefits on cardiovascular disease. This drug became an immense blockbuster well before there was any evidence – zero evidence – it could do anything except lower LDL cholesterol.

This is classic misdirection at work. Most drugs are prescribed to do something that has a positive effect on your health such as reducing your risk of cardiovascular disease and an early death. That's what we expect. But if it only alters a blood reading? Going to great efforts to alter your LDL might be a waste of time because at the end of the day numbers are just numbers. That numeric fixation is like the sleight-of-hand used by magicians: get the audience to look in one place and they won't realize the elephant is hiding somewhere else. In characterizing cholesterol as a killer and LDL numbers as the answer, people were manipulated into thinking that focusing on lowering numbers was good for their health.

Over the past 10 years, more recent research has

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shown that, given one's age, cholesterol levels and medical history, the majority of people who take statins are in the "low risk of a heart attack" category. Which means their chance of avoiding a heart attack by taking a statin is miniscule. For example, if your risk of a cardiovascular event is 10% over the next five years, the best a statin might lower that by is 1-2% so your risk drops to 8-9%. Another way to say this is that 98-99% of the "low risk of heart attack" people who swallow a daily statin are unlikely to have any benefit related to heart health. However, they will likely have lower LDL cholesterol. Those at 'higher risk' – like people who have already survived one heart attack – might see a higher benefit, but even then the absolute benefits seem tiny. What's clear is the numbers game with statins has resulted in millions of people probably taking them needlessly.

And, of course, they're not without a range of adverse effects, such as liver damage, muscle weakness, cognitive difficulties, diabetes and other risks. For many people, that's too high a price to pay for tinkering with some arbitrary numbers. One of the most potent statins available, cerivastatin, only lasted a few years on the market because of its tendency to cause liver failure. But boy, did it ever lower LDL!

Right now, there are two LDL busters that will surely make statins seem so "last millennium." Amgen's Repatha (evolocumab) and Praluent (alirocumab) made by Sanofi are known as PCSK9s (proprotein convertase subtilisin/kexin type 9). These drugs are being discussed this summer at an FDA expert committee and have been recommended for approval. A decision is likely to be made this month. Positioned to replace statins, industry analysts suggest these drugs will be priced at sticker-shock levels of \$5,000-10,000 per patient per year.


Even though many doctors will wonder how the new drugs perform in relation to the statins, I'm worried they'll still just focus on LDL. Repatha and Praluent, which are injectables, perform well in lowering LDL cholesterol so the question is: who needs them? The initial target market will likely be people with a relatively rare disease called *homozygous familial hypercholesterolemia* (HoFH), a genetic disorder that may lead to heart attacks in childhood, but you can bet the companies won't stop there. The market will undoubtedly expand to those who don't tolerate statins, those who have trouble lowering their LDL or others who want to try it "just in case." Analysts are saying these two drugs could be worth as much as \$2.5 billion a year, launching the two new drugs into the "blockbuster" category.

While all this sounds very exciting, let me pull back the curtain with two impolite questions: 1) Is it true that, like Lipitor, these drugs are coming to the market without any long-term health outcomes data (i.e. proof they prevent heart attacks or strokes) and 2) Could the drugs have nasty adverse effects (i.e. could they accidentally kill or injure people)?

The respective answers are yes and maybe. There are no long-term health outcomes data and no extensive adverse event data. Not yet. But don't look there; look here: the drugs are ruthless LDL busters so doctors and patients worried about their LDL need to give them a try.

Seems like even the big boys are in love with the magic. The prestigious Harvard Medical School, in an article entitled *PCSK9 inhibitors: a major advance in cholesterol-lowering drug therapy*, waxed poetic about how the PCSK9 inhibitors are superb cholesterol-lowering agents which can lower LDL levels, compared to placebo by about 60%.

Call me a naysayer but do we really want to replay this massive deception again? Isn't it somewhat misguided to be rushing towards new drugs that cost 10 grand a year, without a clue as to their long-term effectiveness and safety because they alter a lab value? Maybe we should give doctors the benefit of the doubt and trust they have learned the lesson of Lipitor: that it's both silly and premature to be spending billions on drugs unless they can show anything more than impressive LDL numbers.

Or maybe, like most of us, they like to be fooled and bamboozled. After all, magic is...well, just magic. 

**Alan Cassels** is a drug policy researcher at the University of Victoria. He writes about medical screening and drugs, consults with unions on drug benefits plans and is helping research tools to make deprescribing easier for physicians. You can read more of his writings at [www.alancassels.com](http://www.alancassels.com) or follow him on twitter @akecassels

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# Holistic aromatherapy

Aromatherapy is more popular than ever, yet there is much confusion and misinformation about essential oil use today, with some companies advocating unsafe practices and synthetic and adulterated essential oils flooding the market.

The British Columbia Alliance Of Aromatherapy ([www.bcaoa.org](http://www.bcaoa.org)) defines aromatherapy/essential oil therapy as "the controlled use of essential oil(s) to maintain and promote physical, psychological and spiritual well-being." Essential oils are explained as "plant molecules that are highly volatile, complex chemical structures created in nature... extracted by man through steam distillation, expression, solvent and CO2 extraction."

Holistic aromatherapy incorporates safe and effective practices to promote health and wellbeing on the physical, mental, emotional and spiritual levels. The individual is seen as a whole and once a lifestyle and health history is gathered from the client, a custom blend – using natural and authentic essential oils – is formulated and a treatment plan created by the essential oil therapist. The treatment plan may include inhalation, compress and topical application. Internal use is never recommended.

As an example, a client comes in who has recently quit smoking, is experiencing digestive upsets and wants to move forward in their life. A blend could be created using essential oils of black pepper, frankincense, ginger, cypress and orange. Clinical research ([www.ncbi.nlm.nih.gov/pubmed/8033760](http://www.ncbi.nlm.nih.gov/pubmed/8033760)) has shown that black pepper curbs nicotine withdrawal, ginger and orange ease abdominal discomfort, cypress is used in times of transition and frankincense helps to cut ties with the past. The client would be encouraged to use this blend in a carrier oil to massage into the abdominal and lower back area or alternately disperse it in hot water and use it as a compress on the abdominal area. In conjunction with the topical application, they would be advised to use the blend in a diffuser or personal inhaler to ease nicotine cravings.

The BCAA holds the designated and trademarked titles Registered Aromatherapist-RA™ and Essential Oil Therapist-EOT™ and sets the standard for education within the province of BC. The British Columbia Association of Practicing Aromatherapists ([www.bcapa.org](http://www.bcapa.org)) offers educational training twice a year so that members can keep current within the ever-evolving study of aromatherapy. Professional holistic aromatherapists belong to one or both of these associations. Membership assures in-depth educational training through an examination process.

Langara College is the only public college within BC to offer a certificate program in this fascinating field of study, constituting a year-long, part-time, comprehensive, hands-on training that includes clinical practice in a health care setting. Once the training is complete, the holistic aromatherapist may start a business, work within the spa industry or establish a holistic practice in a wellness centre. The next Holistic Aromatherapy Practitioner Certificate Program at Langara College begins September 2015 and runs through to June 2016.

It is advised to contact a Registered Aromatherapist™/Essential Oil Therapist™ to ensure confidence in quality of care, product knowledge and safety when using essential oils for holistic health and well-being. ◀

Lynne Edel (RA™, EOT™) is an aromatherapy instructor at Langara College ([www.langara.bc.ca](http://www.langara.bc.ca)) and president of the British Columbia Alliance Of Aromatherapy (BCAOA), [www.bcaoa.org](http://www.bcaoa.org)



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**Nutrispeak** Vesanto Melina  
with Angelina Lam, Gloria Ho & Kelly Bogh

HEALTH

# Getting your omega-3s

**R**esearch suggests omega-3s can reduce the risk of cardiovascular and autoimmune diseases. Fortunately, products with omega-3s – such as margarine, eggs and supplements – are commonly found in grocery stores.

Omega-3s are a family of fatty acids that includes  $\alpha$ -Linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). ALA is a shorter-chain fatty acid while EPA and DHA are examples of long-chain, polyunsaturated fatty acids (LC-PUFAs). LC-PUFAs are more active in biological processes than shorter-chain fatty acids. For example, compounds derived from LC-PUFAs enhance the immune system through anti-inflammatory processes and help regulate blood clotting and blood flow. Omega-3 fatty acids are also required for the utilization of genetic information in cells, communication among cells and proper functioning of the brain and nervous system.

## Recommended intakes

ALA is an essential fatty acid, meaning it cannot be synthesized in the body and, therefore, must be obtained from one's diet. Once consumed, ALA can be lengthened into LC-PUFAs such as EPA and DHA. However, on average, only about 5% of ALA is converted to EPA and less than 0.5% is converted to DHA. Therefore, consumption of foods or supplements containing preformed EPA and

DHA can help individuals whose ability to convert to long-chain forms may be compromised – for example, people with type 2 diabetes or hypertension.


An adequate intake of ALA is 1.6 grams per day for adult men and 1.1 grams per day for adult women. In addition to ALA, suggested daily intakes of preformed EPA and DHA are 160 milligrams for men and 110 milligrams for women. Individuals who don't consume preformed EPA and DHA are advised to double their ALA intake (3.2 and 2.2 grams per day for men and women, respectively).



## Sources of omega-3s

Fish, particularly cold-water, oily fish like salmon, are the most common sources of preformed EPA and DHA. However, fish don't make EPA and DHA; these originate from the microalgae these fish feed upon. Therefore, microalgae-based supplements containing both EPA and DHA are a plant-based alternative to fish. It may be beneficial for certain vegan populations, pregnant women and those with type 2 diabetes or hypertension to take a supplement with 200–300 milligrams of DHA (and possibly EPA) two to three times weekly.

Microalgae and certain types of seaweed (wakame, for example) are the only plant sources of EPA. However, foods containing ALA are abundant in plant-based diets; nuts and seeds are particularly rich sources. For instance, 1/4 cup walnuts or two tablespoons ground flaxseeds or chia seeds will supply at least 3.2 grams of ALA.

ALA is also found in oils: 2.5 tablespoons of unrefined canola oil, 1.5 tablespoons of hempseed oil or 1.5 teaspoons of flaxseed oil will provide more than 3.2 grams of ALA. Because these oils can be damaged by heat, use them in salad dressings or drizzle them on cooked vegetables, pasta or soup. Don't cook with them! To ensure high-quality sources of ALA, purchase unprocessed nuts, seeds and oils and store them in airtight containers in your refrigerator or freezer. 

**Vesanto Melina** is a local registered dietitian ([www.nutrispeak.com](http://www.nutrispeak.com), [www.becomingvegan.ca](http://www.becomingvegan.ca)) For more on fats, see **Becoming Vegan: Comprehensive Edition** (or the **Express Edition**) both with Brenda Davis. Angelina Lam, Gloria Ho and Kelly Bogh are third-year UBC dietetics students.

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# Breastfeeding & herbs



dients. Some will have active ingredients that will not increase the milk supply but have other effects that are not necessarily desirable. Note that even herbs can have side effects, even serious ones. Natural source drugs are still drugs and there is no such thing as a 100% safe drug. Luckily, as with most drugs, the baby will get only a tiny percentage of the mother's dose. The baby is thus extremely unlikely to have any side effects at all from the herbs. Two herbal treatments that seem to increase the milk supply are fenugreek and

these herbs are safe for the mother to take because so little gets into the milk. Teas also seem to work, but to take enough to make a difference, you will be drinking tea all day and night since the amount of the herbs you get is much less.

- Fenugreek and blessed thistle seem to work better if you take both, not just one or the other.
- Fenugreek and blessed thistle work quickly. If they do work, you will usually notice a difference within 12- 24 hours of starting taking them. If not, they probably won't work.
- Fenugreek is often sold as a combination with thyme. Do not buy this combination, but try to get the capsules with fenugreek alone.



## Two herbal treatments that seem to increase the milk supply are fenugreek and blessed thistle.

- Herbal remedies are not standardized, so though the bottle of fenugreek, for example, may say that it contains 405, 505, 605 or 705 mg/capsule, we do not really know how much of the active

ingredient you are taking. Fenugreek has a distinct smell. If you cannot smell it on your skin, you are not taking enough, even if you are taking three capsules three times a day. Ensure that the fenugreek is very fresh and gives off a strong odour when you open the container.

- Fenugreek and blessed thistle seem also to work better in the first few weeks than later. In fact they tend to work best in the first week.
- If you are ready to stop fenugreek and blessed thistle, you can probably stop suddenly or wean off over a week or so.
- Fenugreek does not cause low blood sugar. Where this rumour came from is unknown.

### Other herbal treatments that have been used to increase milk supply


Alfalfa, spirulina, goat's rue, raspberry leaf, fennel, brewer's yeast, stinging nettle.

**Some lactation teas** may be effective for some mothers. We do hear from many mothers that [the following] have helped to increase their milk supply: mother's milk teas, nursing teas, lactation teas.

### Foods that may help

Eating oatmeal daily and garlic and ginger in moderation are all thought to help milk supply. Many cultures have their own "remedies" that they have found to be helpful – fish and papaya soup, hot curry dishes, etc.

**Homeopathy** is another approach that may work and consulting with a good naturopath or homeopath may prove helpful.

None of these herbal or food treatments, including blessed thistle and fenugreek, has been proved effective scientifically. Remember, herbal treatments are only part of the solution to "not enough milk." See Protocol to Manage Breastmilk Intake at [www.canadianbreastfeedingfoundation.org](http://www.canadianbreastfeedingfoundation.org) and look for videos on how to latch a baby on, how to know the baby is getting milk... how to use a lactation aid, as well as other information sheets on breastfeeding. 

Source:

[www.canadianbreastfeedingfoundation.org](http://www.canadianbreastfeedingfoundation.org)

[www.commonground.ca](http://www.commonground.ca)

It is quite possible that herbal remedies help increase milk supply. There are several drugs that obviously do increase milk supply, and, of course, it is reasonable to assume that some plants and herbs might contain similar pharmacological agents.

Almost every culture has some sort of herb or plant or potion to increase milk supply. Some may work as placebos, which is fine; some may not work at all; some may have one or more active ingre-

blessed thistle, in the following dosages:

- Fenugreek: three capsules three times a day
- Blessed thistle: three capsules three times a day or 20 drops of the tincture three times a day

The tincture container states that blessed thistle should not be taken by nursing mothers, presumably because of the tiny amount of alcohol the mother would get. There are some preparations of both herbs that are labelled "not for use by nursing mothers." Don't worry about this;

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A younger Thomas Mulcair with wife Catherine Pinhas (left) and family members in Paris.  
Photo © the Mulcair family, used with permission.

...Mulcair from p.3

as part of the deposit and return system. When François Cardinal, the environmental reporter for *La Presse* who has since joined the paper's editorial board, asked me what I was going to do about it, I said I wasn't going to allow it. That didn't sit well with the premier.



**Conviction is what  
gives you strength to  
fight the battles that  
must be fought.**

Our next serious disagreement came in the fall of 2005, over the Rabaska project — a methane and liquid natural gas plant and methane terminal that was being planned for the port of Lévis, across the St. Lawrence from Québec City, by a private consortium including Enbridge, Gaz Métro, and Gaz de France. Local environmental and citizens' groups vehemently opposed it.

In early 2006 I decided to go down to Boston and have a look at the Everett deliquification plant situated there. The plant was close to a bridge that was very reminiscent of the Jacques Cartier Bridge in Montréal. As with the proposal for Lévis, the liquid natural gas came into port in massive tankers. I met with U.S. officials,

including the senior level of the U.S. Coast Guard, who turned out to be very helpful and truly exceptional people, to ask them how safe those installations were.

"You should see what we have to do every time a ship comes in," one of them replied. "We have to shut down the whole bridge. The plant is far too close to a civilian population. It's a huge mistake. We would never allow that gasification plant to be built so close to a large population today."

I described to them the Rabaska project that was being planned on the St. Lawrence, right across from Québec City, a metropolitan area numbering close to a million people. They warned that it was extremely dangerous and should never be allowed, which only confirmed my own and my department's evaluation. I went home to Québec more determined than ever to block the project.

While all this was going on, an even more contentious matter that had been simmering for a more than a year was about to come to a boil. Mont-Orford provincial park, established in 1938, covers nearly sixty square kilometres of lakes, rivers, mountains, and valleys, featuring great downhill and cross-country skiing. As the Mont-Orford ski hill was losing money and there were fears for its financial viability, the premier and several of his ministers had negotiated a deal to sell 649 hectares of parkland surrounding the ski hill to private developers. The provincial government was proposing to sell off a significant

swath of public land that had been set aside in perpetuity for future generations. Mont-Orford was in the premier's electoral backyard. He went on record supporting the deal and made it clear he wanted the project approved as soon as

possible. I was also under considerable pressure from colleagues who urged me to deliver for "the team." At the end of the day, though, I was being asked to sign a document selling off public land in a provincial park to private developers. We had a clear legal opinion that as long as the land could still be used for a park, selling it off was illegal. I simply couldn't do it. It was a matter of principle. I refused.

In politics we'd better stand for something, because we're often faced with decisions that force us to weigh private interests against the public interest. You need strong convictions. Conviction is what gives you strength to fight the battles that must be fought, to do the job the voters sent you to do, which is to faithfully convey, protect, and defend their interests. We are elected to represent them, to be their voice in our parliaments, in our governments, in Cabinet, as the case may be, and to influence government decisions on their behalf. They place their trust in us and we must never forget why they elect us. ◀

Excerpted from *Strength of Conviction* by Tom Mulcair. Copyright ©2015, Tom Mulcair. All rights reserved. [www.dundurn.com](http://www.dundurn.com)



### How will I get enough protein?

This is one of the biggest misconceptions about vegetarian, vegan and raw vegan lifestyles. Meat, dairy, eggs and processed soy are not the only sources of protein; all whole foods contain protein. Furthermore, when you cook any food, the protein decreases by half. Did you know that one bunch of raw spinach contains 10g of protein – 20-25% of the daily requirement for the average adult female? A fresh, raw, green juice could easily contain two bunches of spinach and 20g of protein in a much healthier, nutrient dense and alkalizing state.

### Will I have enough energy? I don't want to feel tired all the time.

One of the main benefits of a raw food diet is faster, more efficient digestion. This means that instead of the body allocating 10-20% of its energy towards digesting heavy, cooked meals and pro-

cessed protein shakes, that energy can fuel workouts and day-to-day activities instead. As with every other eating style, one does have to ensure they eat enough and that they are eating a well balanced diet. Most people notice an incredible surge of sustainable daily energy eating a low-fat, raw, vegan diet that powers their cardio, strength and yoga training. [K](#)

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# NEWSBITES

## The truth about Harper's child care "Benefit"

At the end of July, the Harper Conservatives hit a new low. Employment Minister Pierre Poilievre raced around the country in an election-style campaign to promote Harper's child care cheques, but there's one thing he hasn't told families: the new child "benefit" is taxable.

That's right. Taxable. Which means the Harper Conservatives are not only trying to buy our votes with our own money, but they also plan to take back a hefty chunk in April, after the election.

Most benefits are taxable, but here's the catch: while bringing in the new child "benefit," the Conservatives also just quietly axed our \$2,225 child tax credit. After all's said and done, that means a typical working parent will receive just \$13 a month to cover skyrocketing child care costs.

Thirteen dollars. Not a single child care space, not affordable care and nowhere near an actual plan – just \$13. That's not even enough to buy a pack of diapers.

The scary thing is this could work; millions of cheques are arriving in people's mailboxes right now and most of the Canadians Harper is targeting simply don't know this is a cheap trick to try to buy their votes with their own money and leave them with little to show for it. They'll see the hundreds of dollars in their bank account, not realizing it's going to get clawed back at tax time, leaving them barely better off overall.

Together, we can counter Harper's election ploy with hard-hitting, highly targeted ads to let people know the truth about the Harper Conservative's child benefit, but we have to act fast and get the ads online and into print while this is still top of mind for millions of Canadians.

While outrageously claiming Harper's new child care cheques mean "Christmas is coming early in July," Poilievre forgot to mention Santa will be taking your presents back in the next tax season. To add insult to injury, Poilievre was also sporting a partisan Conservative Party shirt during his vote-buy – err, promotion tour – which surprise, surprise, centred on swing ridings the Conservatives need to win the next election.

Not only are the Conservatives deceiving families about how much we can spend, but they're also promoting a government program to lock down a partisan vote – in the ridings where vote-

splitting gave them a majority in 2011.

It's a cheap election ploy. We know you won't fall for it, but we need your help to warn parents about the actual worth of these cheques and how the Harper Conservatives think they can buy their votes.

The Leadnow community takes child

care seriously. Thousands of us have listed the creation of a national child care system as one of our top priorities, but we know that any progress towards building one depends on cooperation across party lines and a Conservative defeat in October. We'll be there to keep pushing right after the election,

but right now we need to get the message out to Canadians. ◀

Donate to fund powerful ads in the ridings Harper needs most to win again and counter the Conservatives' child care spin. Visit [www.leadnow.ca](http://www.leadnow.ca) and click Donate at the top of the page.

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Mac McLaughlin

ZODIAC

# StarWise

August 2015

THE DOG DAYS are upon us. It's hot and dry with not much relief in sight. Saturn, known as a dry planet, rules the deserts and desert-like conditions and he has been moving through Scorpio for the last two years. Over the next several years, Saturn visits Sagittarius, Capricorn then Aquarius, which are dry signs as well. Saturn's entrance into Pisces in 2023 may bring relief and wetter conditions. As we head into August, Jupiter and Saturn form a square aspect. In astrological terms, a square behaves somewhat like Saturn's energy.

Saturn always asks us to live with less and do away with anything wasteful or superfluous. It is time to tighten the comic belt a few notches and get used to the idea that less is better all the way around. If we ignore the message of the stars, we will have to pay the price, which basically equates to rising food prices, scarcity and many other problems associated with the waste and misuse of our precious resources. We have become complacent and we have lived off of the fat for many, many years. It's time to give back and take care of our dear mother Earth. Everyone and everything matters and we must all do our part, no matter how small and seemingly inconsequential. "If it's yellow, let it mellow; if it's brown, flush it down" may very well be the mantra of the future.

On a lighter note, you just have to love those Leos. They do take up a lot of space and suck up all the air in the room with their dynamic presence and grand, dramatic entrances. Many years ago, my Gemini client complained she suspected her Leo husband was cheating on her and cruising the chicks. I happened to know him personally and knew that he really was not that way. He was a total car buff. I told her he was not cruising the chicks, but cruising by them fantasizing about how good he looked in his flashy ride. We howled with laughter knowing we had just nailed the truth of the situation. A while back, a lady called regarding booking an appointment for a reading. After a few minutes of conversation, I was ready to get her birth information. I asked what date in August she was born. Somewhat surprised, she asked how I knew she was born in August. I answered, "Outside of saying hello, you have conducted the whole conversation, including when you would be available and what time you would arrive."

**Mac McLaughlin** has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email [mac@macsstars.com](mailto:mac@macsstars.com) or call 604-731-1109.

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**ARIES** Mar 21 - Apr 19

It's summertime and the living is easy – made all the more easier as five planets move through Leo at various times throughout August casting triangles to the Aries planets. Triangular aspects are very positive. The Leo new Moon on August 14 carries special energy and you would be wise to make hay while the Sun shines.



**TAURUS** Apr 20 - May 21

You may have to tighten up your game and conserve your resources. Venus, Jupiter and Saturn square off as August begins and you may feel the squeeze financially and emotionally. But this is not the time to bull your way through; it is time for careful and sensitive negotiations regarding matters of the heart.



**GEMINI** May 22 - Jun 20

Home, family, land and real estate topics are on the front burners throughout the month. Any type of creative writing project has the potential to go well. Your confidence gets a boost and the summer promises to be pleasant. In essence, you should push forward, mix and mingle and sell who you are. Enjoy the days.



**CANCER** Jun 21 - Jul 22

Health, finances and family harmony are the prominent features of interest throughout August. Health is most important, for without it, not much else matters. Striving for harmony in the family also affects everything else. Partnerships and relationships are in the midst of a big transformation. Forgive and forget, lest resentment fester into serious problems.



**LEO** Jul 23 - Aug 22

You may by doing some deep reflection regarding what is right and what is real and what really matters most of all. You are the knight in shining armour; nay, you are the King or the Queen. Stand tall and take responsibility for your mistakes and you will be loved and respected even more than before.



**VIRGO** Aug 23 - Sep 22

Your time in the Sun has arrived. Opportunity abounds and it is up to you to do something with it. You're able to gain the trust and respect of others. Jupiter casts his blessings for the next 12 months. You can party or truly strive to make something of yourself. Strike while the iron is hot.



**LIBRA** Sep 23 - Oct 22

Social activities intensify. Your entrance is your exit. It means that how you allow people to treat you when you first meet them is how you will be treated when those relationships end. Good times are predicted, but there is a bit of toxic energy around like jealousy and envy. Humility and honesty work best.



**SCORPIO** Oct 23 - Nov 21

Saturn stands still and squares off with Venus and Jupiter in the first half of the month. It means the time has come to make important personal and legal decisions that may very well affect your future. Perhaps it's time to cut off a relationship or partnership that has become stagnant or non-productive.



**SAGITTARIUS** Nov 22 - Dec 21

Sagittarius is often prophetic. Now is one of those times when your deep intuition has you sniffing the air. You may be sensing that changes are in the wind. Legal, career and personal areas may be affected. Stave off fear and negativity, as any changes that do take place will work to the positive, eventually.



**CAPRICORN** Dec 22 - Jan 19

A time of dismantling, unravelling, reworking or retooling your life has arrived. Money, name and fame won't get you where you need to go, whereas a year or two in an ashram might be what is truly needed. Cappy can always get what they want, but might have a harder time getting what they need.



**AQUARIUS** Jan 20 - Feb 19

A mystic deity born under the stars of Aquarius pondered his life direction for a long time. He finally came to the conclusion that God first and world second was the way to go. Now, you may be pondering life-altering decisions regarding what is most important and valuable to you. Love is the answer.



**PISCES** Feb 20 - Mar 20

Lord Jupiter casts his glance into Pisces for the next 12 months, helping you in finding your direction. Open up and increase your faith in the divine. It won't let you down. No sense trying to make a really solid plan, but do know that a cosmic plan is in place and will take place.





# Take a hike

( & some food to keep you going )

burning, and protein replenishes and keeps muscles healthy over time. Reducing protein too much will be devastating on a long-distance hike. Carbohydrates and proteins have 4 cal/gram (113 cal/oz) while fats have 9 cal/gram (255 cal/oz). It is a good goal to find calorie-dense foods so fewer pounds are carried for the same amount of energy. A food pack containing about 4.25 cal/g (120 cal/oz) is fairly dense. Most multi-day hikers carry 1.5 to 2.0 pounds of food per day. That means carrying more than about 10 days of food becomes impossibly heavy. For longer treks, read about supplying food along the way at <http://www.hikingdude.com/hiking-food-supply.php>

## Outfitting your trekking food

- Estimate how many calories are needed with the Calorie Calculator at the website noted above.

- Create the meals with the menu planner at [www.hikingdude.com/menu/menuplan.php](http://www.hikingdude.com/menu/menuplan.php)
- Shop for food. Start early and buy when items are on sale since they can be stored.
- Repackage. Just before the trek, repackage food into meals so all ingredients are easy to find.
- List required utensils. Choose food to minimize the extra tools needed.

The planning of food, shopping for ingredients and repackaging into meals is an enjoyable part of planning for a long hike. It's exciting to think I will be preparing this meal while the sun is setting on some far mountain. Figuring out what tastes might work together, making sure I have enough but not too much food, understanding what utensils are needed to make the meal – all parts of the planning that can be a lot of fun. Some people like *real* food, such as steak, stew, hamburgers or other items that take *real* cooking and weigh a ton. These people tend to take day hikes from a base camp, exploring an area thoroughly. To take an extended trek requires changing your expectations of food and the effort involved in carrying it and preparing it. Minimizing the weight to carry and the time, fuel and utensils needed to prepare a meal are the main goals.

## Reduce the weight

It makes no sense to carry any more weight than necessary. Since a large portion of total pack weight can be food, that's a good place to start lightening the load. There are a number of ways to reduce the weight of your hiking food:

**Dehydrate:** Buy your own food dehydrator and dry fruits, vegetables and meats – the most inexpensive and healthy option, but requires effort at home. A dried apple is still an apple, just without the water.

**Buy pre-packaged:** Purchasing freeze-dried or dehydrated meals is the easiest. It is also the most expensive and can introduce large amounts of sodium and preservatives.

**Calorie density:** Read the nutrition labels on foods. Find those that are dense in calories compared to weight. Sunflower kernels are 190 cal/oz while an apple is 15 cal/oz. and a dehydrated apple is 100 cal/oz.

**Repackage food:** You'll be surprised how much garbage labelling you'll throw away. Better to just leave it at home rather than carry it mile after mile just to throw away later.




**Carbs provide fast energy, fat long-burning energy, and protein keeps muscles healthy over time.**

## Other trek food tips

- Take dehydrated fruits and vegetables to help input vitamins not found in processed foods.
- Take a daily vitamin each day to help fill any lack of nutrition in your food choices.
- Pack spices. Take a lightweight container of five or six common spices to add flavour to meals – salt, cayenne pepper, garlic, cinnamon, chili powder, onion, etc.
- If you expect cold mornings or aren't eager to start hiking bright and early, have oatmeal and hot chocolate. On long treks, I prefer packing up and moving right away with a break for Pop-tart, granola bar or trail mix after an hour or so. This saves a lot of time heating water and clean up. It also means less fuel to carry.
- The ultimate lightweight meal packaging is to just take your credit card. When thru-hiking a long trail that goes through towns, it's a lot lighter to eat at a restaurant or buy fresh food at a grocery store than to carry your meals.

## Food weight calculator

Hikers normally consume from 1.5 to 2.5 pounds of food a day plus water. During that day, 10 to 30 miles may be travelled. How many days' worth of food are you comfortable packing *and* carrying? To figure out how much food you need, see the calculator at [www.hikingdude.com/hiking-food-supply.php](http://www.hikingdude.com/hiking-food-supply.php) 

Source: [hikingdude.com](http://hikingdude.com)

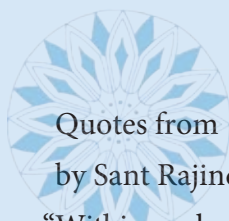
**F**or short hikes, food is more of a nice to have rather than a necessity. But on long hikes, an adequate food supply is critical to success and safety. Whether going on a five-mile walk or a 500-mile-long distance trek, you should have some food along. If for no other reason than just-in-case. Having a good idea about how much food will be required to provide the energy to complete the hike is part of good planning. A day hike requires simple, tasty, cold snacks. Pausing for a rest, munching on a handful of fruit or trail mix and then continuing your hike is all it takes. Food that packs well and tastes good is the goal. Multi-day hikes require much more planning and preparation than a simple day hike. Planning food needs and a diverse menu is important to ensure adequate energy is available for your body. Running out of food 30 miles into a 70-mile trek is not a good thing.

## Food for treks

Pretty much any snacks work to provide energy for a day hike since you can eat a healthy breakfast before hiking and a nice dinner when you get home. Once your hike becomes multi-day, your nutrition needs change greatly. You now need to ensure your body is receiving more than just calories.

A good distribution of foods from the food pyramid, possibly supplemented by a daily vitamin will keep you hiking strong for days, weeks and even months on end. The calories you consume should be around 15% proteins, 50%-65% carbohydrates and 20%-35% fats.

Carbohydrates provide faster energy, fat more long-



## Quotes from *Spark of the Divine*

by Sant Rajinder Singh Ji Maharaj

“Within each of us is a spark of the Divine. Breathtaking regions of beauty, unimaginable vistas of sights and sounds, infinite wisdom, and all-embracing love invite us within. The Light of the Divine glows continually.”

“Throughout history, the North Star has guided the footsteps of the wayward traveler. So too does the spark of the Divine lead us to self-knowledge and God-realization.”

“The journey begins by looking inside to find that guiding light of the divine spark within us. The practice that leads us to the spark is meditation on the inner Light and Sound.”

“To travel through the outer cosmos, one boards a spaceship. The fiery combustion of the engines produces lift-off to propel the spacecraft beyond the pull of gravity and into the silent wonders of outer space. To travel into the spiritual realms within, the spark of the Divine is ignited to propel our soul on the inner journey.”

“A spiritual Master ignites that spark at the time of initiation. Instead of gazing through a spaceship’s porthole to see the outer stars and celestial bodies, a spiritual Master teaches a meditation that opens for us an inner porthole. With our spark ignited, our soul begins its wondrous journey to the Divine.”

### Sant Rajinder Singh Ji Maharaj

will be in Vancouver on September 6 and 7.

The spiritual Master’s program will include two public talks and an initiation: in-depth instructions for meditation on the inner Light and Sound. This event is sponsored by Science of Spirituality Meditation & Ecology Centre.

Science of Spirituality is a worldwide, spiritual organization, dedicated to transforming lives through meditation, under the guidance of Sant Rajinder Singh Ji Maharaj.



From *Meditation as Medication for the Soul*  
by Sant Rajinder Singh Ji Maharaj

“Masters of Science of Spirituality focus on a meditation on inner Light and Sound that brings peace to the soul. The main purpose of this meditation is to help people find inner spiritual regions. There is a beyond. A direct experience of the beyond can be had by each person. It is open to all. Spiritual Masters have come throughout the ages to help us experience realms beyond this physical one.

When we rise above this world through meditation, we see the light of God in all and love all creation as one family of God. We become an agent of peace and goodwill, an ambassador of love. If each person offered their soothing presence to those with whom he or she came in contact, it would not be long before we would begin to heal the world of the scars of war and hatred. Outer peace would begin to spread worldwide.

The solution for all our pains and the world’s pains is not costly. It is a free solution, available to every human being on this planet. By spending time daily in meditation, we will be in continual contact with a power that can profoundly transform our lives and those around us.”





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SEPTEMBER 6 & 7

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# Clean tech's top 10 trends

by Bruce Mason



photo source: Envision Solar

It's virtually impossible to stay on top of the clean tech tidal wave exploding in many places on our endangered planet. It's particularly difficult in Canada where this worldwide transition is being ignored, temporarily diverted and even foolishly subverted. Despite the counter-productive efforts of suspect politicians, greedy businesses and complicit corporate media, technology is outpacing – and hopefully, outstripping – public policy. It's our best, although faint, hope for humanity.

Below – in David Letterman style – is a summary highlighting 10 trends that “defined and propelled the global shift to clean energy in 2014,” as noted in Clean Energy Canada's 2015 flagship annual world report, *Tracking the Energy Revolution*, prepared in Vancouver by James Glave.

## #10 Divestment becomes definitive

At the UN's climate summit, investors pledged to transfer \$100 billion (US) out of filthy fossil fuel into clean, renewable energy. The milestone moment included the Rockefellers and the World Council of Churches (representing 600 million people in 150 countries). Much of the work/success is at universities and growing, from Stanford to Glasgow. Religious leaders are setting the pace and tone – including Desmond Tutu and Pope Francis – calling out climate change as “cataclysmic,” “the human rights challenge of our time.” Thus, a new imperative: divest or perpetuate suffering. Inaction is no longer neutral; it is immoral, an “ecological sin.”

To break our lethargy, activists are embarking on an a clear, moral call to action, transcending politics and status quo imperatives, recalling that apartheid ended when people quit buying South African wine, diamonds and such. Some argue that fossil fuels are so deeply embedded in the very fabric of the global economy and community that investors should transform institutions from within. But divestment pressure is being increasingly applied in boardrooms, campuses, churches, as well as on the streets.

## #9 Global clean energy surges while Canada lags behind

Turbines, solar panels, hydroelectric and geothermal plants are iconic, but electricity is just part of the bigger picture. The clean-economy shift includes biofuels, energy efficiency software, green buildings, electric vehicles, smart grids and more.

All this is now valued at \$790 billion (CAD). However our country's market share has dipped more than any of the 24 exporting countries. It's dropped five points to \$7 billion – a mere 0.9% of the global market – from 14th to 19th place, behind the Czech Republic, losing out on \$8.7 billion annually. This new opportunity is expected to grow to \$1.8 trillion by 2022, but Canada – thanks to the likes of PM Harper and Premier Clark – must catch up, fast.

## #8 Carbon pricing the “new normal”

Ten additional countries – Brazil, Chile, Costa Rica, Korea, Mexico, Russia, South Africa, Thailand, Turkey and Ukraine – implemented or committed to pricing carbon pollution. All told, some 39 countries and 23+ sub-national jurisdictions have signed on. More companies/investors have spoken out on carbon pricing as a must-have. It's no longer a question of if; instead, it's which mechanism to choose. More governments are requiring polluters to pay massive, hidden costs, helping clean energy compete fairly. Within a couple of years, at least half of the global economy will have some kind of carbon price.

## #7 The developing world plugs into renewable power

Last year, developing nations in Africa, South America and the Caribbean invested an impressive, additional 36% in clean-energy projects: \$131 billion (US) – almost as much the rest of the world (\$138 billion).

Reading the writing on the looming climate change wall, the clear message is renewable energy is a smarter path. For example, India committed to deliver electricity to all its citizens by installing 175 GW of renewable energy by 2022. Predictions are that world coal combustion will continue to climb, but its exponential growth is being short circuited – the path to prosperity, now lined with solar panels and other renewable energy.

## #6 Wind power spreads like Canadian wildfires

Globally, governments and developers built 50% more wind capacity in 2014, the greatest number in a single year; a new wind turbine spins in service of the planet every 20 minutes. There's enough world wind energy to meet the electricity needs of 300 million homes, enough electricity to power Canada's economy, twice over. China houses one third of this installed capacity – something to celebrate, refuting claims that renewable energy won't power the world.



Despite the counter-productive efforts of suspect politicians, greedy businesses and complicit corporate media, technology is outpacing – and hopefully, outstripping – public policy.

## #5 Climate diplomacy increases

A new era emerged when the world's largest climate polluters – China and the US – stopped pointing fingers and started shaking hands at an historic agreement in November. America agreed to slash its carbon emissions below 2005 levels. China will halt its growth of greenhouse gas emissions and double renewable energy grids. The Environmental Protection Agency (EPA) predicts that by 2030, coal will still provide 30% of America's power. However, it also acknowledges that it is likely overestimating continued coal use, underestimating growth in renewables and diplomacy.

## #4 Total renewable energy increasingly more mainstream

There is growing research that humanity is raising the bar far beyond fossil fuels and studies suggest a 100% benchmark is technically achievable and cost-effective. In 2009, Stanford's Mark Jacobson showed that the entire world can theoretically power itself without fossil fuels or nuclear plants by 2050. To that end, cities, companies and entire *continued p.22...*





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...Clean Tech from p.18

nations – such as Denmark – plan to meet heating, cooling, transportation and electricity requirements entirely from wind, water, sun and other clean sources; 45+ cities are working on total renewable electricity. Germany's on track for an 80% clean grid. And Norway has a 114% renewable electricity target to export surplus. The private sector's IKEA, Google, Apple and Unilever are keen on completely renewable energy businesses. Yet while the clock ticks, there is still some ongoing debate in some circles about nuclear power and carbon capture, horrifying climate change and absolutely essential mitigation.

### #3 Tesla's Gigafactory unleashes a game-changing revolution in batteries

Electric vehicle battery prices have plunged in five years and a supply surge will drop them even further. When up and running (2017), Tesla Motors' five million square-foot Gigafactory plans to supply 35 gigawatt-hours of batteries for a half-million of its vehicles by 2020. That's double the global quantity of lithium batteries available and 30% cheaper. Perhaps more importantly, energy increased storage, when wind and sun aren't available, makes renewable power inevitable, ahead of predictions. To encourage competition,

in 2014 Tesla released its technology patents. In May, it had received \$800 million pre-orders for Powerwall, its home storage system and utility-scale Powerpacks, signalling an earnest, historic shift.

### #2 Solar power prices drop making it affordable and doable

The costs of new wind and solar energy are declining to match nuclear and fossil energy. Over the past five years, solar-module costs dropped 73%, driving investment, additional projects and employment; 2.5 million people work in solar, worldwide. In 30 countries, electricity from residential panels is now cheaper than previous dirty options. The International Renewable Energy Agency figures solar and wind will compete directly in the majority of markets within a decade. The industry leads in recycling and disposal, but components include some "conflict materials" from sources with poor health and safety regulations. Production also generates pollution. As yet, we have no clean, reliable, cost-effective, completely pollution-free electricity source, but thankfully, solar leads the way.

### #1 Renewables help stall global carbon pollution

Preliminary data from the International Energy

Agency (IEA) indicated that global emissions of carbon dioxide from energy stalled in 2014, the first time in 40 years with no economic downturn. The IEA estimated that carbon dioxide stood at 32.3 billion tonnes in 2014, virtually unchanged from the previous year, attributing this to the ramp-up of renewable energy and the payoff of efficiency policies. Still an enormous, unconscionable bill for future generations and expected to continue to rise – but some faint cause for hope, optimism and inspiration for further mitigation of climate change. See <http://cleanenergycanada.org/trackingtherevolution-global/2015/#/a-new-hope/>

Clean tech readers are aware of Analytica Advisor reports. Toronto-based think tank, The Mowatt Centre for Policy Innovation, confirms Canada is falling dangerously behind. The federal government and some provinces dabble with little consistency, coherence or conviction. The Centre joins a rapidly growing chorus, calling for clean technology as a centrepiece of a new national energy strategy. ◀

**Bruce Mason** is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of *Our Clinic*. [brucemason@shaw.ca](mailto:brucemason@shaw.ca)





# Erasing internet links

## Process should be fair, transparent and independent

**Y**ou don't have to look far these days to discover new threats to the free and open Internet we all rely on. Recently, OpenMedia has helped fight off a costly new 'Link Tax,' mobilized supporters against a reckless spying law and ran high-impact bus ads against the Trans-Pacific Partnership's Internet censorship plan.

Over the past year, however, a new threat has arisen from an unusual source. In May 2014, the European Court of Justice (ECJ) ruled that Mario Costeja González had the right to have links to a 1998 Spanish newspaper article about him removed from search engines. This type of right has become known as the "right to be forgotten."

This ruling set a precedent that, in the EU, means any citizen can now request to have links to articles about them removed from search engines. This may sound like a fairly non-threatening development, but it's one that could drastically change how people share, communicate and access information online.

Let's look a little closer at why this European approach is so problematic.

Firstly, the "right to be forgotten" in and of itself is not a bad thing. It simply amounts to the right to withdraw consent, which is at the core of most data protection regimes. For example, I have the right to withdraw my consent for Facebook to display my profile image. However, when it comes to removing links to information that is publicly available about me, things get a lot more complex. What if I were a politician or businessman seeking to cover up unsavoury stories about my past? Should I really be allowed to censor the Internet by forcing Google to remove any links to my previous nefarious activities?


Secondly, the European approach places all the onus on intermediaries like

Google and Facebook to censor content by removing links. This is putting the cart before the horse; interfering in the technology that makes the web work is not the answer. Let's say a website publishes an article falsely accusing you of being a thief. In such a case, the onus should be on the website to remove it, not on search engines that merely link to it.

Thirdly, the European model allows for no independent judicial involvement. Getting links censored is as simple as filling out a webform on Google's website. Again, this means web companies getting involved in monitoring and interfering in the free flow of information online.

To get an idea of the potential dangers, we need look no further than Russia where the authoritarian government has just passed its own version of the "right to be forgotten." Under Russia's new law, links can be removed simply for linking to "unverified information." The law even allows politicians and oligarchs to request the removal of vast swathes of negative information about their activities.

There should be a transparent, independent, judicial process that individuals can avail themselves of when they wish to have content about them removed from the Internet and the onus to remove such content should be placed on the host, not on intermediaries like Google or Facebook.

Do you think companies, politicians and others should be able censor web content without a judicial process? Let us know in the comments! And learn more about our growing international campaign to Save The Link at <https://savethelink.org/?src=blg> 

**David Christopher** is Communications Manager with OpenMedia, a community-based organization that safeguards the possibilities of the open Internet. [openmedia.org](http://openmedia.org)



Universe Within Gwen Randall-Young

PSYCHOLOGY

# Evolving beyond judgment

*Judging a person does not define who they are; it defines who you are. – lifehack.org*

**J**udgment is ubiquitous in our culture. We hear it in the media, in politics, in the workplace, throughout the neighbourhood and within the family. Courts make judgements, but they are based on established laws. Personal judgments are critical opinions based on what the speaker believes is right. In making this judgement, the speaker is saying, "I am right and you are wrong."

Judgment is based in polarity: right/wrong, good/bad. Of course, if we insist we are right, by default, we make the other person wrong. This creates more divisiveness and polarity and the forming of sides.

It is one thing to disagree about major issues like abortion or capital punishment. Healthy debate is good. It is an entirely different thing to go around being critical of others, gossiping about others or creating conflict in the workplace, neighbourhood or home. This is ego-driven behaviour that stems from that inner child place where putting others down makes one feel better although, actually, it does not. It is toxic and negatively affects all concerned: the one doing it, those who are listening and the one being judged.

The more confident and at peace one is in his/her own being, the less need there is to say negative things about another. The reverse is also true: the less one judges others and engages in negative talk, the more peace is experienced.

I am not sure what happened to what I like to call the "Bambi Rule," which states that if you can't say something nice, don't say "nuthin'" at all. Interestingly, too, one who judges assumes others judge as well and worries a lot about what others think.

Sadly, I hate to admit it but women seem guiltier of judgement and gossip than

men. Some never seem to evolve past the grade six or junior high mentality when having a "hate on" for someone was a way of bonding.

I had a high school music teacher who once told us we should never judge unless we have had the exact circumstances as another person and acted differently. We can never totally walk in another's shoes so how can we possibly judge?

Eleanor Roosevelt said, "Great minds discuss ideas; average minds discuss events; small minds discuss people." The more conscious and evolved we become, the less we judge or criticize because we become so much more humble.

We are all taking this journey together. We are all on "team Earth" and none of us is "better" than anyone else. We need to see the good in others, help one another along and if we are having a truly hard time with someone, we may just need to follow the advice of Wayne Dyer: "Bless them and move on." Saying mean things to or about another is bullying. Even if you think you are right and they have it coming, it is still bullying.

It is a big enough task to work on ourselves, manage our demons and learn to be the kindest, wisest beings we can be, without worrying how everyone else needs to be fixed. I expressed these thoughts recently to a very bright 11-year-old who was hard on his sister. He looked at me with a big smile of sudden insight and said, "That makes perfect sense!"

It does indeed. 

**Gwen Randall-Young** is an author and psychotherapist in private practice. For articles and information about her books, "Deep Powerful Change" hypnosis CDs and "Creating Effective Relationships" series, visit [www.gwen.ca](http://www.gwen.ca)

# How Canada got taken Conservative Party crashers

by Anthony James Hall

**T**he fast approach of the most important federal election in Canadian history highlights the question: “How did Stephen Harper seize control of the Canadian government in the first place?” Were rules broken, laws violated and Canadian institutions subverted?

The guilt of Harper and his minions has already been demonstrated on all counts. We still don’t have the full story, however, on the deep politics underlying Harper’s meteoric rise. In less than a decade, the former Imperial Oil mailroom clerk went from starting a new political party to winning in 2011 a majority government.

Harper’s ascent to the top was energized by foreign-backed regime change. The term “regime change” was popularized in the US in the process of overthrowing Saddam Hussein’s Iraqi government in 2003.

Iraq’s invasion after 9/11 continued Cold War patterns of US-led overthrows of indigenous governments in, for instance, Latin America, Congo, Indonesia and, as we shall see, Canada. In *Killing Hope*, William Blum has surveyed over 50 episodes of US-directed regime change since the Second World War.

## JFK orders Pearson’s replacement of Diefenbaker as Canada’s PM

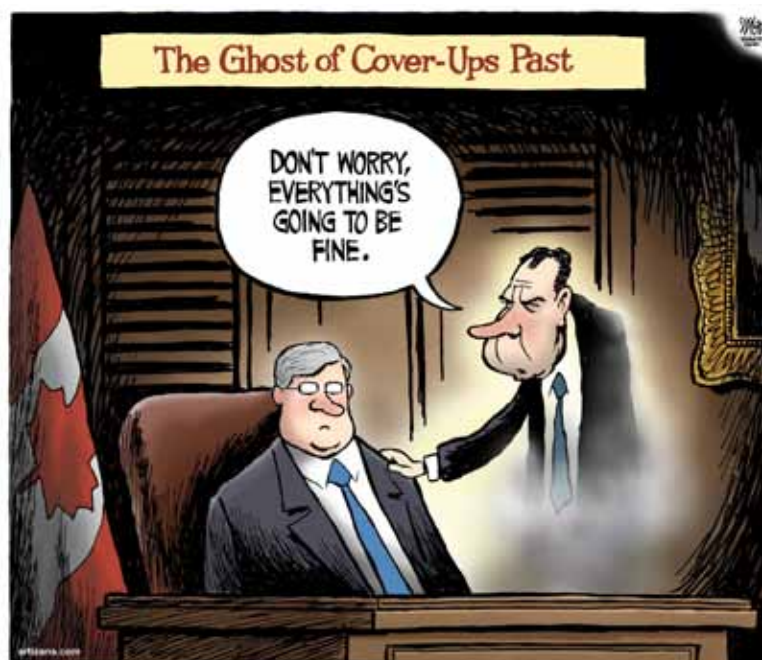
In 1963, US President John F. Kennedy provided Liberal Leader Lester Pearson with assistance from CIA-connected pollsters and journalists. Concurrently, JFK ordered that a media smear campaign in Canada be directed against the Progressive Conservative government of John Diefenbaker.

Diefenbaker’s supposed crime was to have rejected American nuclear weapons on Canadian soil. A newcomer to the Ottawa political scene in 1963, Pierre Trudeau responded to this engineered regime change by asking rhetorically, “Why should the US treat Canada differently from Guatemala when reasons of state require it and circumstances permit?”

Trudeau dubbed Pearson “the defrocked priest of peace” while the Nobel Peace Prize winner was on his way to taking over Canada’s top job. Pearson received US assistance in replacing Diefenbaker once the Liberal Party quisling agreed that Canada should accept nuclear-tipped US Bomarc missiles at our military bases.

## Disappearing Joe Clark to empower Brian Mulroney

Pierre Trudeau was a chief beneficiary of the US intervention to bring the Liberal Party to power. For most of the period between 1968 and 2003, Trudeau and then Jean Chretien, Trudeau’s former Quebec lieutenant, dominated Canadian political life.



US President Nixon visits Stephen Harper.

The party of John A. Macdonald and John Diefenbaker exists no more. It was made to disappear in the course of manipulations to install and prop up the Harper government. Canada’s current PM is the embodiment of the replacement of indigenous conservatism in Canada with a neocon extension of the US Republican Party. Election fraud is one of the specialties of both the north and south branches of this continent’s Republican Party.



Canada’s current PM is the embodiment of the replacement of indigenous conservatism in Canada with a neocon extension of the US Republican Party. Election fraud is one of the specialties of both the north and south branches of this continent’s Republican Party.

Brian Mulroney, prime minister from 1984 to 1993, was the transitional figure in the rightward shift of Canadian conservatism from the moderate middle to the police state extremes of Bill C-51. In 1983, Mulroney replaced Joe Clark as Leader of the Progressive Conservative Party. Clark led a minority government for nine

months in 1979-80.

Mulroney was finagled into the PC leadership with the help of a powerful clique of neoconservative power brokers revolving around Bavarian premier Franz Josef Strauss. One of Strauss’ foot soldiers in Canada was Karlheinz Schreiber, a convicted criminal whose reputation for skulduggery has become synonymous with Mulroney’s shame in the Airbus scandal. The Strauss-directed Airbus conglomerate sold passenger jets to Air Canada in a deal that included at least three cash payments from Schreiber to Mulroney of \$75,000 each.

The Strauss-Mulroney connection is part of the foreign-backed alteration that eliminated Joe Clark from the PC Party leadership and put Mulroney on a rapid trajectory to the PM’s chair in 1984. As Lawrence Martin observed in the *Globe and Mail*, “What happened in 1983 was an outrage, worse than the money handoffs to Mulroney.” In 1983,

Strauss funded an airplane load of planted delegates to attend a Tory convention in Winnipeg with the objective of removing Clark from the PC leadership.

In *A Secret Trial*, William Kaplan characterized this backstory as follows: Strauss was “... determined to export his particular brand of Conservatism abroad, mostly by providing financial assistance to like-minded politicians. In Canada, Joe Clark, a Red Tory had to go – he did not fill the bill. But Brian Mulroney did.”

## The Caracas Cable on party renovation

The invisible hands that replaced Clark with Mulroney were more numerous than those of Strauss, a leading promoter of Airbus and the West German armaments industry. Their activities were part of a broadly organized radicalization of “conservatism’s” meaning and application in many countries.

One of the instruments of this transformation is the International Democratic Union. Currently, the IDU is a central organizing hub for conservative parties in 63 countries, including Canada. A similar hub is the International Republican Institute, a key part of the complex of US government-funded agencies under the umbrella of the National Endowment for Democracy.

The NED, IRI and IDU were created during the presidency of Ronald Reagan as “surrogates” for the CIA after wide public exposure of its illegal activities. According to journalist Mukoma Wa Ngugi in *Anti-War.com*, the IRI’s role has been “to install US-friendly governments and undermine those that are not by supporting coups and ousters.”

The ouster of John Diefenbaker and Joe Clark presented the International Republican Institute with examples to emulate and build upon. The IRI’s own lit-



erature refers to itself as an agency for “consolidating democracy.” In language that well describes Canada’s “unite the right” movement during the prelude to the Harper years, the CIA’s surrogate boasts of its capacity to join “splintered” opposition groups in coordination with church organizations.

Wikileaks published the 2005 Caracas Cable highlighting the activities of the IRI in Venezuela. This document explained the IRI’s effort to create the conditions for unseating the socialist government of then-President Hugo Chavez after the earlier failure of US-backed military coup attempts.

Section 12 of the Caracas Cable reports, “IRI will be bringing in consultants who specialize in party renovation to discuss case studies of political parties in Germany, Spain and Canada, which successfully carried out the process of party renovation.”

### Media deception in regime change

Like “regime change” and “collateral damage,” the seemingly innocuous phrase, “party renovation,” disguises deeply invasive processes. The “renovation” of political conservatism is a code that disguises many assaults on the public interest, including Harper’s rapid dismantling of the Canadian state as we have known it.

Our social welfare states began to be demolished in the 1980s just as agencies like the IRI came into being. The aim of those that initiated the Reagan-Thatcher revolution was to crush those progressive forces blamed particularly for the defeat of the military-industrial complex in Vietnam.

Popular sentiment turned against US military aggression in Indochina in spite of the CIA’s hiring of thousands of well-placed journalists in Project Mockingbird to create propaganda and prevent the nationalization of natural resources in Africa, Latin America and Canada.

After becoming PM in 1984, Mulroney provided a very clear illustration of the desired outcome of “party renovation.” On taking power, he did away with Canada’s National Energy Policy. Mulroney also eliminated the Foreign Investment Review Agency.

### Canada’s Republican propaganda mill

America’s defeat in Vietnam in the 1970s traumatized the ruling class in the US and its capitalist satellites, including Canada. Many of this class’ most prominent members regrouped to make sure the primary beneficiaries of the permanent war economy would never again face such a setback.

The CIA was downgraded even as other agencies were created to install and prop up compliant governments within the USA itself and around the world. The plutocrats and their corporate managers thereby expanded and privatized many facets of so-called “national security.”

Along with their work inside the Reagan administration, the makers of the neocon revolution created a broad array of new think tanks, media venues, security firms and mercenary armies. This spawning of new agencies helped advance the corporate takeover of many functions formerly performed by government.

In 2004, pundit Lewis Lapham described the communications branch of this operation as “the Republican propa-

ganda mill.” According to Lapham, its core message was “the abiding lesson that money ennobles rich people, making them strong as well as wise, while money corrupts poor people, making them stupid as well as weak.”

The Republican propaganda mill’s primary outpost in Canada has been the *National Post* founded in 1998 by Conrad Black as a flagship of his worldwide media empire. In the late 1990s, Black’s Hollinger Corporation controlled over 500 news outlets. Its star-studded International Advisory Board featured many neocon luminaries, including Margaret Thatcher, Henry Kissinger, William F. Buckley, Richard Perle and George F. Will.

As Lawrence Martin put it, “Black didn’t just want to own newspapers. He wanted to use them to reshape the political culture of his native Canada and to influence the United States, Britain and Israel.” Our current Prime Minister would be the main beneficiary of Black’s neocon obsession with rewards for the rich, austerity for the poor and the middle classes.



## The “renovation” of political conservatism is a code that disguises many assaults on the public interest including Harper’s rapid dismantling of the Canadian state as we have known it.

### Mr. Harper goes to Ottawa

Harper was first sent to Ottawa in 1993 as a Reform Party MP for Calgary West. The PC government’s failure to deliver on its promise to have Quebec recognized in the constitution as a “distinct society” caused the severing of Mulroney’s fragile alliance linking alienated Albertans with so-called “soft” separatists in Quebec. While in 1988 the Mulroney coalition elected 169 MPs, in 1993, the PCs elected only two, the same number of federal seats presently held by the Green Party.

The PC deflation opened the way for an elaborate campaign of “party renovation.” Black would take under his plutocratic wing the ambitious Albertans who claimed as their heritage the Christian evangelical heritage of the Social Credit Party. The Reform Party’s founder, Preston Manning, is the son of the Baptist preacher, Ernest. As Alberta’s Social Credit Premier between 1943 and 1968, Ernest oversaw the initial phase of the transformation of Canada’s oil-rich province into Texas North.

In his Canadian media chain’s daily doses of propaganda, Black guided the “unite the right” renovation. This transformation required the controlled demolition of the PC heritage of nation building in the public interest.

As part of his enterprise, Black hosted his Albertan Trojan Horses, Preston Manning, Stephen Harper and Ralph Klein, at Bilderberg events. At these infamous

Bilderberg gatherings, fresh recruits are regularly put under the command of those at the global heights of capitalism’s permanent war economy.

Harper was selected as the anointed one to embody the outcome of the “unite the right” renovation. Black helped shape Harper’s media personae to conform to the prevalent ethos of the 9/11 Wars. The media mogul is reported to have paid Peter MacKay not to run against Harper in 2003 for the leadership of the “renovated” conservative party.

In March of 2003, Harper condemned the Liberal government of Prime Minister Jean Chretien for withholding from the Anglo-American invasion of Iraq the addition of our Armed Forces. “For the first time in history,” explained Harper and his co-author, “the Canadian government has not stood beside its key British and American allies in their time of need.”

In their *New York Times* op ed, Harper and Stockwell Day described Iraqi dictator Saddam Hussein as a “perpetrator of the attacks of Sept. 11, 2001.” The Leader of the Official Opposition contended that Canada should respond to 9/11, an episode in which the Iraqi government had no role whatsoever, by invading that country to “scorn the forces of evil,” to stand instead “for freedom, for democracy, for civilization itself.”

### Renovation or sabotage of Canada?

Harper’s hawkish stance hit home [in terms of] both the outcome and future direction of the “party renovation” that so radically transformed political conservatism in Canada between 1963 and 2003. In 1963, John Diefenbaker was eliminated from office for opposing US nuclear warheads on Canadian soil. In 2003, Harper demonstrated to the patrons of the Republican propaganda mill that he was the ideal person to lead the Canadian government into the seemingly endless 9/11 Wars.

In 2003, the Chretien Liberals commanded a comfortable majority in Parliament with 172 MPs. In the federal vote of 2011, a contest still tainted by unresolved issues of election fraud, the Liberals dropped to 34 seats while the Harper Conservatives emerged with a majority of 166 seats. There is much more to this dramatic renovation of Canada’s political culture than immediately meets the eye.

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**Anthony Hall** is professor of Globalization Studies at the University of Lethbridge. He has written for the **Globe and Mail**, the **Toronto Star**, **Canadian Dimension** and many other periodicals. His most recent books are **Earth Into Property: Colonization, Decolonization and Capitalism** and **The American Empire and the Fourth World**.



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# Events

## AUG 6-28

**Ayurveda Studies Program:** 70 hrs, Institute of Holistic Nutrition, Vancouver.  
Weekdays: 9am-12:45PM. \$1330 by July 3.  
Registration: 604-558-4000; Info: 604-290-8201

## AUG 8 & 30

**Krishnamurti Vancouver Group @ Vancouver Public Library, Board Breakout Room, 350 W. Georgia St. 1:30-5PM.** Free video showing & dialogue! [www.meetup.com/Krishnamurti-Vancouver-Group](http://www.meetup.com/Krishnamurti-Vancouver-Group)

## AUG 9

**Thunder Motorcycle Ride for Diabetes (Fundraiser):** Meet 9AM at Barnes Harley Davidson, 8859 201 St. Langley. Ride from Langley to Hope. \$20 registration. Food, fun, prizes. Email Andrea: ascarfo48@gmail.com, 778-874-4508.

## AUG 10-18

**3E Film Festival:** Energy Environment Economics. Films, speakers, renewable energy leaders, dialogue. Kay Meek Centre Studio Theatre, 1700 Mathers Ave., West Van. 7-9:30PM, Tickets \$20/evening, \$60/pass, @kaymeekcentre.com or 604-981-6335. 3efestival.org

## AUG 12

**Ayurveda: Invisible Anatomy.** At Institute of Holistic Nutrition, 300-604 West Broadway, 7-9PM, \$10/\$15 for 2.  
Pre-register: 604-374-4039.

## AUG 14-16

**Atmosphere Gathering Music & artistic festival** in Cumberland, BC. This year's lineup includes Nahko and Medicine for the People, Rising Appalachia, Humans, David Starfire, as well as North Island favourites Five Alarm Funk and Nickodemus. [www.atmospheregathering.com](http://www.atmospheregathering.com)

## AUG 16

**Latin Summer Fest Vancouver:** Free Admission, Cultural Family event, Trout Lake Park. Festival hotline: 604-593-2448, [www.latinsummerfest.com](http://www.latinsummerfest.com)

## AUG 19

**How Western Medicine and Traditional Chinese Medicine Work** in Harmony to Help Physical and Emotional Problems: with Kevin Lai, Doctor of Chiropractic (senior student of International College of Traditional Chinese Medicine), Vancouver Public Library, 350 W. Georgia St., Alma VanDusen and Peter Kaye Rooms. [www.tcmcollege.com/info@tcmcollege.com](http://www.tcmcollege.com/info@tcmcollege.com)

## AUG 20

**Free Shamanic Power Initiation & Open House** hosted by the Institute of Shamanic Medicine. In Vancouver, 7:30PM. RSVP at [info@shamanicmedicine.ca](mailto:info@shamanicmedicine.ca) [www.shamanicmedicine.ca](http://www.shamanicmedicine.ca)

## AUG 20

**Pints for Paws: An SPCA fundraiser.** Games, prizes, draws, auction. \$25 includes burger, fries & a beer. 5:30-8PM, the Lamplighter Public House, 92 Water Street (Gastown). Tickets online at [www.spcv.bc.ca](http://www.spcv.bc.ca) or call 604-681-7271 for ticket info.

## AUG 21-23

**Blessed Coast:** A celebration of Coastal Arts & Culture, Squamish, BC. Live music, DJs & producers, yoga, workshops. Family-friendly, local organic food, riverside camping. Tickets at [www.blessedcoast.ca](http://www.blessedcoast.ca)

## AUG 21-23

**Introduction to Foot Reflexology** commences Certificate Weekend Training Course. Friday Introduction 7:30PM, \$10; Course \$395 + GST. Pacific Institute of Reflexology (604) 875-8818, [www.pacificreflexology.com](http://www.pacificreflexology.com)

## AUG 22

**For the Love of Vegetables:** Enlightened Living FREE Cooking Class for 15 children ages 5-10yrs accompanied by a parent. 3PM, Meditation & Ecology Centre in Richmond.  
Register/Linda: 604-985-5840.

## AUG 29-30

**Become a Certified Life Coach or Executive Coach:** This 2-day intensive will teach you everything you need to know to succeed. Only Certified Coaches Federation graduates earn the esteemed Certified Life Coach Practitioner designations. In Vancouver. 866-455-2155 or 403-389-1190.  
[www.certifiedcoachesfederation.com](http://www.certifiedcoachesfederation.com)

## AUG 30

**Transformation through Meditation – 2PM FREE** Workshop on Jyoti (Inner Light) Meditation. Meditation & Ecology Centre, Richmond.  
Register/Linda: 604-985-5840.

## SEP

**Train for a career as a Certified Nutritional Practitioner** at the Institute of Holistic Nutrition. Next semester begins September 2015. For course inquiries & appointments, call 604-558-4000.  
[www.instituteofholisticnutrition.com](http://www.instituteofholisticnutrition.com)

## SEP

**Turiya © Therapy Program:** 52 hrs. 4 Sept. weekends, Ayurveda Seminars, Surrey. Fri 6-9PM, Sat 10-6PM, Sun. 2-6PM, \$495/weekend prepaid, [www.ayurveda-seminars.com](http://www.ayurveda-seminars.com), 604-290-8201.

## SEP 2

**Free Open House: Thinking of becoming a counsellor?** Learn more at Clearmind's Open House, 6-7:15PM. Speaker event starts at 7:30PM: Going Home: Discovering the Family You Never Knew You Had. Both events: Unity of Vancouver, 5840 Oak St (@41st).

## Sept 6

**6:30 PM – Public Talk by Sant Rajinder Singh Ji Maharaj, "Transformation Through Meditation"** at the Chan Centre for Performing Arts, UBC, 6265 Crescent Rd, Vancouver. Sponsored by Science of Spirituality. All are welcome and event is free. For more information, see the center two pages this issue, or call Linda 604-985-5840, or visit: [www.sos.org/event/vancouver](http://www.sos.org/event/vancouver)

For rates & placements email  
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## Sept 7

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# Canada's climate change crossroads

## Hope in the summer of fire

by Bruce Mason

What are we to make of the sickening smoke that still lingers over much of Canada? And the toxic soup of carbon dioxide, carbon monoxide, formaldehyde, nitrogen oxides, suspended ash, water vapour and other particulate matter visible as far south as Tennessee? And the sheer size, intensity and enormity of its cause: the much too-early, too-scary, fire season captured ghost-like on NASA photographs across vast areas of North America and all over the world? It is a teachable moment, a feedback loop, a death spiral of carbon sequesterers becoming carbon emitters contributing to the melting of ice in the Arctic and Greenland.

Terry Fox comes to my mind. Especially after Jonathan Franzen – one of the world's best writers and most articulate activists – recently argued in *New Yorker* magazine, “Earth now resembles a patient whose terminal cancer we can choose to treat either with disfiguring aggression or with palliation and sympathy.”

Back in 1980 – when the world started ignoring the early signs and warnings of cancerous climate change – this one-legged kid appeared in the green room of the TV station where I worked. He said he was going to run across the country to raise awareness and collect \$1 from each of his 24 million fellow Canadians to fight the disease. We got daily updates from his Marathon of Hope noting the cysts on his stump, shin splints, bone bruises, an inflamed knee, dizzy spells and concern about his enlarged heart that beat through gale force winds, heavy rain, snowstorms and blistering heat, 26 miles (42 km) every day. Oh, and the crowds, of course, growing in size along the long, long Trans-Canada highway.

“Everybody seems to have given up hope of trying. I haven't. It isn't easy and it isn't supposed to be, but I'm accomplishing something,” he told us from the steps of our federal government.

Terry Fox had beaten the 50/50 odds of surviving the osteosarcoma that took one of his legs. A few years earlier, his chances would have been 15%. He also endured 16 months of chemo, watching fellow cancer patients suffer and die. Terry Fox wrote, “There were faces with the brave smiles and the ones who had given up smiling. There were feelings of hopeful denial and the feelings of despair.” Sound familiar? Depression and post-traumatic stress are rampant among climate scientists, environmentalists and laymen alike.

The loneliness of his venture, his audacious vision and his determination to overcome challenges united this nation; his memory still inspires pride and embodies the cherished Canadian values of compassion, commitment and perseverance.

The osteosarcoma cure rate is now almost 80% due, in some measure, to the \$650 million raised since Terry Fox started his Marathon of Hope. He was no saint, although he – like those acting on climate change – had a Pope

praying for his health and his mission. And he frequently vented his frustration at media and those impeding the “run,” while placing his achievements – which are celebrated worldwide and sustainable across time – within everyone's reach.

Where is Canada now? What have we become? Having poisoned or squandered the primary elements of life – earth, air and water – our feet are being held to the fourth, fire. Former UN Secretary-General Kofi Annan has categorized us as “free riders... laggards on climate change... withdrawn from the community of nations seeking to tackle dangerous climate change.

“By hedging their bets and waiting for others to move first, some governments are playing poker with the planet and future generations' lives,” he said recently, pointing out that we have fallen behind impoverished Ethiopia, Kenya and Rwanda in the effort to combat global warming. “This is not a moment for prevarication, short-term self-interest and constrained ambition, but for bold global leadership and decisive action,” he added.

**A smoke alarm is sounding; our home is on fire. Where are Stephen and Christy? Who knows?... Find the route out of the fire, even if you're turned off and 'not good' at science.**

Twenty-seven years ago, Bill McKibben wrote the first book for a general audience about global warming: *The End of Nature*. He now says, “People in the world are used to thinking of Canada as a force for good in the world. It takes a strange new calibration of peoples' mental geography to understand for the moment Canada is an obstructive and dangerous force upon the planet.”

McKibben was also a founder of 350.org, the first global grassroots climate change movement. Its name is derived from the upper limit for safe levels of carbon dioxide in the atmosphere — 350 parts per million. We blew past that in 2007 and now sit precariously at over 400. He spearheaded the Keystone pipeline resistance, brought hundreds of thousands together in a climate march in New York in 2014 and launched the fastest growing fossil fuel divestment movement.

“From a distance, watching the trashing of environmental regulations, watching the efforts to intimidate environmental groups, First Nations – watching all that's been pretty sad,” he told 10,000 people at a rally in Toronto, all but ignored by corporate media.

What are we afraid of? The Pew Research Center asked that question in 40 countries. In Canada, 58% said they were “most concerned” by ISIS – far ahead of climate change, which tops lists globally. Little wonder we're deluded. Our Prime Minister Stephen

Harper met with US VP Joe Biden to “discuss global security issues and ongoing instability in the global economy, including the threat posed by ISIS.” At a FIFA soccer game in Vancouver, under an orange haze rivalling Beijing and prompting air quality alerts, Harper, apparently, couldn't see past his nose or the sniffer dogs or open his mouth, which must have been full of it.


He arrived from the Stampede on his home turf, now economically scorched by his oil-soaked obsession and nightmarish dreams of becoming a fossil fuel superpower in a post-carbon age; not far from his cherished tar sands (“oil sands”), the single, greatest ecological threat to the planet. He flew over forests denuded by pine beetles, an area now the size of Sweden, still thriving thanks to climate change. He peered out a window at mountains bereft of life-sustaining snow packs – sources of water – quickly becoming more valuable than the fossil fuel which must now be left in the soil, if Earth as we know it is to survive.

Is climate change contributing to wildfires? “I think it's possible,” Harper said, answering the one question he allowed during a photo op in Kelowna alongside his extreme-energy sidekick Christy Clark; in its “summer of fire” in 2003, a wildfire in Okanagan Mountain Park necessitated one of the largest evacuations in Canadian history.

“It's possible” – the only response from folks who haven't a clue about real possibilities and who, on a policy level, are tossing butts around in a drought. “Insanity” is what *Vancouver Sun's* Pete McMartin calls Clark's policy, in the corporate media, which is starting to read the smoke signals and calling out so-called “sceptics” as “deniers.”

What is causing the spike in wildfires? “In a short answer, climate change,” says Toddi Steelman, director of the School of Environment and Sustainability at the University of Saskatchewan, a province at the epicentre of the new now. The scientists – and the foresters – agree. If anything, they have underestimated the impacts. Our only option is action; delay will inevitably lead to exponentially higher costs, more smoke and unimagined suffering.

This is more than a wake-up call. We slept through that. A smoke alarm is sounding; our home is on fire. Where are Stephen and Christy? Who knows? Leave them behind, with their pipe dreams and tainted money stuffed in their oily, gassy mattresses. Find the route out of the fire, even if you're turned off and ‘not good’ at science. Use your common sense and an awakened vision. If you learned something in the “teachable moment,” look inside for the guts and vision of a Terry Fox, for your own Marathon of Hope. Take back the country and the world, which are still ours if we want them enough.

Get rid of the smokescreens, the smoke and the mirrors. 



# The Mount Polley disaster

## One year later

by Rod Marining



One year after the Mt. Polley disaster, Hazeltine Creek now resembles a dry canyon. Photo by Kim Goforth.

**M**ining in BC could cost BC taxpayers more than a mine produces in its entire lifetime; that's the bottom line. The Mount Polley Mine, owned by Imperial Metals, is a prime example.

Most BC mines are like nuclear power plants in that mine wastes and toxic heavy metals must be managed for over a thousand years. As long as it rains and snows, heavy metals must be filtered out of the mine wastewater, even when the mine is closed. No toxic wastewater is allowed to leave the mine site and enter into the environment. This is the theoretical mandate – to prevent pollution – of the Ministry of Environment, which failed miserably in preventing the Mount Polley Mine collapse.

Last year on August 4, the Mount Polley Mine tailings dam burst, spewing over 25 million cubic metres of toxic water and waste material down the mountainside and into the pristine waters of Quesnel Lake, a large tributary to the Fraser River. The dam burst is considered to be the worst mining disaster in Canada's history.

### The environment has changed for the worse

The water of Quesnel Lake has definitely changed and many homes surrounding this 70-kilometre once pristine lake were pulling their drinking water from it. After the disaster, Imperial Metals sent water filters to the owners around the spill area of the lake, advising, "Use this filter and your drinking water will be fine."

According to local resident Craig Ritson, the water filters provided were not suitable to catch fine toxic material. "They started off with a 50 micron filter, then many weeks later Imperial Metals came by again and gave us a finer filter of 25 microns. Months later, we find out from scientists that we needed a filter that is

less than one micron. Imperial Metals shows up again with a filter that is .4 micron. Well within a day, that filter was clogged up and none of the taps worked.

"We realized the government and Imperial Metals did not know what was in our drinking water and they



**Energy and Mines Minister Bill Bennett did everything short of declaring mercury, a neurotoxic compound, as the greatest vitamin for a higher IQ. He was oblivious to any negative effect coming out of Mount Polley.**

could not protect us and we needed to take matters into our own hands. We bought an expensive, professional water treatment plant for our home," Ritson added.

Many family homes and cabins owned for generations on Quesnel Lake now sit empty or are up for sale. While property values have changed due to the spill, causing real estate values to plummet, there has been no compensation from our government for those dealing with property loss.

Tourist values have also changed. Resort owners are suffering seasonal losses and, again, there has been no compensation from the BC government. Nothing has

been given – not even a future promise – yet during the recent flood in the town of Cache Creek, Christy Clark was right there with her cheque book doling out thousands of dollars to flood victims.

Skeed Borkowski is the fishing guide for Northern Lights Resort near Likely. "They killed my beautiful lake," bemoaned 67-year-old Borkowski. "It's a little late to start over; we don't have 10 years to rebuild the business. This is the age where we cram for finals, before we circle the drain.

"Since the spill, I have not had one sip from Quesnel Lake. No one really knows what's in there... metals such as mercury, arsenic and lead that the company itself declared were in its tailings pond," Borkowski added.

The Interior Health Authority issued a bulletin not to eat the fish due to mercury. Lake trout sampled in the Quesnel Lake show elevated mercury levels in fish gonads. Air quality around the disaster area, including the town of Likely, has changed. The wind whips up over the dry tailings storage (16 sq. kilometres) and down the mountainside through Hazeltine Creek (now a canyon). The dust then falls like soot on the surrounding area, collecting in many homes and cars. No one knows what's in the dust from Mount Polley Mine and it worries many local homeowners.

The biggest change is the people around the area. They do not trust some of their neighbours and that mistrust started immediately following the disaster. Residents in Likely who spoke to the media against the mine disaster have received anonymous, threatening phone calls. "I'm surprised nobody has been killed here since the spill," said one Likely resident. "That's how bad things have gotten here." Resident Ingrid Ritson, who lives along the Quesnel River, said the mine's misfortune has torn the town apart.

The Liberal government announced Mount Polley Mines had applied to reopen the mine and over 8,000 letters were sent to the Ministry of Energy and Mines about it. A ministry spokesperson stated that over 7,500 letters came from an online campaign sponsored by Western Canada Wilderness Committee in which all opposed the reopening. There were an additional 480 private letters from people stating they were opposed to the mine opening. Only about 20 letters arrived from people who thought the mine should open again. About 2% were "for" and 98% were "against" the re-opening of the Mount Polley Mine.

On July 10 of this year, the BC government gave the green light for Imperial Metals to reopen its Mount Polley mine, 11 months after the mine tailings dam broke and dumped 25 million cubic meters of toxic-laden sludge into the environment. If Mount Polley Mine had been properly managed at the outset, with cradle to grave economics, the Ministry of Energy and Mines would have had the proper bonding in place, upfront. Mount Polley should have had at least \$1,000,000,000 in bonds in place before the mine even started *continued p.30...*

# Slow Music & the Summer of Transformation



The big tent at Atmosphere Gathering

**H**ope you've had one or two transformative musical moments during this far-from-finished summer. One such moment occurred under the canopy of trees at stage 3 at the Vancouver International Folk Music Festival when hundreds of highly appreciative fans soaked up the sight and sounds of Rising Appalachia (as in throw an apple at 'cha) and lined up afterwards in droves for autographed CDs and a few words.

"We're trying to take the glitz and glam out of the music industry and bring performance back to its roots...where musicians influence the cultural shift as troubadours, activ-

ists and catalysts of justice and aren't just part of fast-paced entertainment," the group's soulful sisters Leah and Chloe Smith told me back-stage.

Their Slow Music movement – inspired by the Slow Food movement – encourages musicians to try 'non-industry methods,' linking to communities, staying with friends, pursuing alternative venues, supporting local businesses and non-profits, exploring transportation alternatives – including train, bike, low-impact vehicles, boats, horses – focusing on regional touring and encouraging audiences to take in "more than just the catharsis of the music."

The sisters are genuinely excited about performing at the Atmosphere Gathering in Cumberland August 14 - 16. The event features a 1,000-person circus tent imported from Europe, a one-of-a-kind in Western Canada, partially funded through Project Intent, a localized community crowd-funding platform in the Comox Valley.

A revitalized, re-imagined song from their repertoire, *Cumberland Gap*, helps connects dots. Appalachia is the cradle of American music and the site of many uprisings. The narrow pass through the Cumberland Mountains at the junction of Kentucky, Virginia and Tennessee shares its namesake with the Vancouver Island community and Cumberland in the UK where the song, among countless versions and various genres, was a #1 hit for Lonnie Donegan's skiffle group in 1957.

Originally named Union after its coal company and BC's entry into Canada, Cumberland, BC, contained the second largest Chinatown in Western North America. Many old company houses and structures are still intact. Like much of the world, it has risen from the ashes of coal, in uprisings and in celebrations such as its premier electronic and live dance music festival – an "exciting, multi-sensory extravaganza." ([www.atmospheregathering.com](http://www.atmospheregathering.com))

Another festival that embodies the transformational is the Blessed Coast Ceremonial Celebration in Squamish, BC (August 21 -24). It also features three days of live fundraising music, mixed in with organic food, yoga, workshops and emergent and evolving culture – traditional, indigenous and post-modern inventiveness. ([www.blessedcoast.ca](http://www.blessedcoast.ca))

A shift in global consciousness? As David Suzuki notes in "Science Matters" in this issue, "Although we may not recognize its significance without the benefit of hindsight, we appear to be in the early stages of something huge."

On tour last month, Graham Nash (of Crosby, Stills, Nash and sometimes, Young, fame) in his only Canadian appearance (Vancouver Island Music Fest, Comox Valley) said, "If everyone who's told me they were at Woodstock had been actually there, the audience would have totalled many more millions."

If you missed the "Summer of Love," for whatever reason, take part in the "Summer of Transformation," as diverse as the palpable change now taking place, complete with a live, festival soundtrack. ◀

...Mt Polley from p.29

production. But the Mount Polley Mine Incorporation had only a few million in their reclamation bond when they started; they should have had a bond for mine site reclamation (50 million) upfront, water treatment facility (about 100 million), water treatment salaries and maintenance for over 1,000 years (350 million) and an insurance policy in place that would immediately pay out \$600,000 dollars in clean-up insurance, in the event of an accident. The total pre-start bond should have been well over a billion dollars.

Mount Polley Mine will never produce enough profitable ore to pay back the public for the damage done to the environment. Two engineering firms estimated the damage at around \$600 million dollars. Mount Polley has only spent 67 million on clean-up and the rehabilitation of Hazeltine Creek. Basically, they planted seed and willow on the slurry filled banks to try to restore the creek to its natural state.

## BC Liberals hands still in polluters' pockets

What hasn't changed is that our provincial government continues to be the lapdog of corporate mining in BC. The BC Liberals have their hands firmly in the pockets of some of the biggest polluters of western Canada and the telltale signs were there from the beginning.

Following Canada's biggest mine disaster, Energy and Mines Minister Bill Bennett acted as the unofficial PR

spokesperson for Imperial Metals. He referred to the largest spill of heavy metals as "no more damaging than an avalanche." We were assured that water containing substances known to cause brain damage, organ failure and cancer posed no danger to our health. Bennett did everything short of declaring mercury, a neuro-toxic compound, as the greatest vitamin for a higher IQ. He was oblivious to any negative effect coming out of Mount Polley.

Why would he do this? Well, the Liberal Party owes part of its provincial election win over the NDP during the last election to Imperial Metals, the owner of Mount Polley Mines. And one of the company's major owners was a significant donor to the Liberal Party. Let's start with Imperial Metals' largest shareholder, Murray Edwards, who holds more than a 39% stake in Imperial Metals. According to the *Alberta Venture*, Edwards has a combined value of two billion dollars in equity holdings. He is also the co-owner of the NHL Calgary Flames team. Edwards donated \$153,480 to the BC Liberals and Imperial Metals donated over \$200,000. Finally, Edwards is one of the BC Liberals' main fundraisers. As an example, he hosted a dinner at Calgary Petroleum Club and raised over a million dollars for Christy's campaign. Think about this; our premier goes to Alberta to fundraise for her BC party.

Back to Murray Edwards. His oil heavyweight com-

pany, Canadian Natural Resources Ltd. (CNRL), churns out more than 817,000 barrels of oil equivalent per day of oil and gas. His company has been cited by the Alberta government for spilling 357 barrels of crude oil in Red Earth Creek and he has been cited for flaring twice as much sour gas as any other producer. One of his operations was halted for contaminating an aquifer after Benzene, a carcinogen, showed up in the tests.

We have reached a sad state in BC politics in which our democracy has been hijacked by corporate power. In order to win elections, one needs major corporate money, but there seems to be a price for taking this money. The rule appears to be you do not bite the hand that feeds you!

Despite two major ongoing investigations into the criminality of Mt. Polley, Minister of Energy and Mines Bill Bennett has permitted the restart of Mount Polley Mine; it looks like Bennett's cozy relationship with Imperial Metals is enduring. On July 22, 2015, Mount Polley Mining Corporation applied for a new discharge permit to dump 9.5 million cubic meters per year of mining effluent into Quesnel Lake.

Residents of Likely and Quesnel Lake say his application is disgusting, ridiculous and crazy and that the government is out of its frickin' mind. ▶

**Rod Marining** is a co-founder of Greenpeace and Chair of the BC Environmental Network, [rodmarining@gmail.com](mailto:rodmarining@gmail.com)





# A global consciousness shift

When an assassin killed Archduke Franz Ferdinand of Austria in 1914, no one called it the start of the First World War. That happened years later, after the implications, consequences and scale of the response could be assessed. It's often the way. That's why historians are important; they put events in context.

Similarly, I doubt anyone knew how our world would change after Steve Jobs and Steve Wozniak built their first computer in Jobs' parents' garage in 1975.

In 1988, when climate scientist James Hansen testified in Washington that human-caused global warming was kicking in, people might have been excused for failing to grasp the significance of his early warning. But there's no excuse for humanity's subsequent dismissal and denial of the reality of his statements and the deliberate, aggressive opposition to any action to reduce the threat.

For years, environmentalists have called for an urgent response to runaway climate change. Evidence has poured in from around the world to corroborate Hansen's conclusions, from melting glaciers, sea level rise and ocean acidification to increasing extreme weather events and changes in animal and plant behaviour and ranges.

Despite the evidence, few governments have taken the necessary steps to reduce greenhouse gas emissions. Instead of listening to scientists and citizens, many leaders have chosen to heed the fossil fuel industry's massive PR machine and right-wing ideologues who see the call for global action as a socialist threat to capitalism.

There has been progress, at national and subnational levels, and among forward-thinking corporations and organizations. Some, like the commitment by countries including Denmark and Germany to reduce dependence on fossil fuels after the 1973 Arab oil embargo, were in response to markets rather than the climate crisis, but it positioned them well as evidence for

climate change mounted.

More recently, people on the frontlines of climate change such as Pacific Islanders and Inuit have warned of the changes they're experiencing. The insurance industry and a number of corporations have called for action, with some, like Tesla, designing solutions. But many in the media and government continue to downplay the problem.

I've been astounded by the lack of response over the years, but I'll go out on a limb and suggest a shift is now taking place. Although we may not recognize its significance without the benefit of hindsight, we appear to be in the early stages of something huge.

Even some news outlets are shifting. The UK's *Guardian* decided earlier this year to increase its coverage of climate change, going so far as to encourage divestment from the fossil fuel industry. The *New York Times* decided to use the more accurate term "denier" rather than "skeptic" to refer

to those who reject the overwhelming evidence for human-caused climate change.

People power is another sign of the growing shift: 400,000 at the largest climate march in history in New York in September, with 2,646 simultaneous marches in 162 countries; an unprecedented gathering of 25,000 in Quebec City in advance of a premiers' climate change summit in April; and more than 10,000 in Toronto (including me) on July 5 for the March for Jobs, Justice and the Climate in advance of the Climate Summit of the Americas.

When Pope Francis reached beyond the world's 1.2 billion Catholics to call for action on climate change, his message was endorsed by other religious leaders and organizations, including the Dalai Lama, the Islamic Society of North America, an influential group of Jewish rabbis and the Church of England.

Beyond visible evidence of the increasing willingness to meet the challenge of global warming, one of the biggest signs of a shift has been the almost unnoticed but spectacular increase in renewable energy investment in countries like the US, Brazil and China.

It's easy for governments and industry to prioritize corporate profits and short-term gain over the best interests of complacent citizens. But when enough people demand action, take to the streets, write to business, political and religious leaders and talk to friends and family, change starts happening. We never know how big it will be until it's occurred – but this time, it looks like it could be monumental! Let's hope so. ◀

Written with contributions from David Suzuki Foundation senior editor Ian Hanington. Learn more at [www.davidsuzuki.org](http://www.davidsuzuki.org)

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